

Deaths

Kenneth F. Eicher

Kenneth F. Eicher, 91, a Colby farmer, died Sunday, Aug. 18, 2013, at his home. He was born April 26, 1922, in Thomas County, the son of Harry and Lois (McArthur) Eicher. Preceding him in death were his wife, Norma Lee Eicher, on July 18, 2012, and a son, Michael Eicher in 1952. Survivors include three sons, Jon Eicher and Brian Eicher, both of Brewster; and Greg Eicher, Portland, Ore.; two daughters, Susan Eicher, Lafayette, Ind.; and Mary Olson, Palmer, Alaska; a brother, Curtis Eicher, Colby; three sisters, Lillian Buckner, Boulder, Colo.; Edith Taylor, Colby; and Esther Eicher, Brewster;

11 grandchildren; six great-grandchildren; and one great-great-grandchild. Services will be at 10:30 a.m. Friday, Aug. 23, 2013, at the Brewster United Methodist Church, with Mike Baughn officiating and burial in the Brewster Cemetery. Visitation will be from 2 to 8 p.m. Thursday at the Kersenbrock Funeral Chapel in Colby. The family suggests memorials to Hospice Services, in care of the funeral chapel, 745 S. Country Club Dr., Colby, Kan., 67701. Condolences for the family may be left at www.kersenbrock-funeralchapel.com.

Danielle Dee Wolf

Danielle Dee Wolf, 32, a Colby hair stylist, died Monday, Aug. 19, 2013, at her father's home in Simla, Colo. She was born Feb. 6, 1981, in Simla, the daughter of Joe and Dana Foster. In 1999, she graduated from Brewster High School, then completed the cosmetology program at Northwest Kansas Technical College in Goodland. She was a stylist at Image Makers. On April 28, 2012, she married Chad Wolf in Colby. Survivors include her husband, of the home; a daughter, Lehanie Swanepoel, Simla; her mother, Dana Cranston, Park; her father Joe (Pam) Foster, Simla; a brother, Nick Foster, Simla; a step-brother, Ryan Sanderson, Colorado Springs, Colo.; a sister, Nichelle

Erskine, Park; and grandparents Arlene Foster, Simla; and Etta Fern Ashcraft, Limon, Colo.; and parents-in-law Dwayne and Linda Wolf, Grinnell. Services will be at 3 p.m. Friday, Aug. 23, 2013, at the Colby United Methodist Church. A second service will be at noon (Central Time) Saturday at the Sandy High School in Simla, with burial in the Simla Cemetery. Visitation will be from 4 to 7 p.m. Thursday at the church in Colby. The family suggests memorials to her daughter's education fund, in care of the Kersenbrock Funeral Chapel, 745 S. Country Club Dr., Colby, Kan., 67701. Condolences for the family may be left at www.kersenbrock-funeralchapel.com.

Natalie Lynn (Kratzer) Jaynes Banks

Natalie Lynn (Kratzer) Jaynes Banks, 51, Overland Park, died Thursday, Aug. 15, 2013, at the Overland Park Regional Medical Center after open-heart surgery. She was born Feb. 5, 1962, in Hoxie, to Bruce and Ruth Kratzer. In 1980, she graduated from Colby High School and began Colby Community College. She earned a master's in sociology from Fort Hays State University. Survivors include her husband, Harry C. Banks Jr. of the home; a son Bradley Aaron (Jessica)

Jaynes, Overland Park; her parents and a sister, Laryssa (Douglas) Morehead, all of Lakewood, Wash.; and a brother, Richard (Christy) Kratzer, Tulsa, Okla. Memorial services will be at 11 a.m. Thursday, Aug. 22, 2013, at the Porter Funeral Home Chapel 8535 Monrovia in Lenexa, following visitation at 10 a.m. The family suggests memorials to the Kansas Specialty Dog Services, 124 W. Seventh St., Washington, Kan., 66968.

Darlene C. Darnell

Darlene "Dee" C. Darnell, 82, Springfield, Ill., mother of Nancy (Jerry) Mitchell of Colby, died Friday, Aug. 16, 2013, at Heritage Health in Springfield. She was born June 14, 1931, in Menlo Park, Calif., to Beryl and Bernice (Gleason) Darnell. An Army veteran, she served during the Korean War. She worked as a clerk for the Illinois Department of Human Services until retiring. She enjoyed bingo and crossword puzzles and she

loved animals. Her parents and a sister, Corinne "Pat" Darnell, preceded her in death. Survivors include four other children, Lori (John) Thompson, Kip (Brenda) Nelson and Tami McKittrick, all of Springfield; and Timothy Nelson, Flagstaff, Ariz.; 14 grandchildren; and 11 great-grandchildren. Private services were held. Condolences for the family may be left at www.vancilmurphy.com.

Owner of alligator found

ATCHISON (AP) - The Atchison County Sheriff's Office says investigators have found the owner of an alligator that was released into a county lake. Investigators say Waylon Sax-

ton was unlikely to face charges after his alligator, named Cletus, was discovered shot and wounded in the lake after he disappeared three weeks ago.

Healthy snacks a good value



Diann Gerstner

• Knowledge for Life

Children having cupcakes for a friend's birthday or candy here and there is not a bad thing - it's all about teaching balance. However, we do need to be stricter about the snacks that we provide for them at home, just due to all the kinds of snacks they are exposed to when they are away from home. In addition, the snacks we have at home have an impact on what they eat at mealtime and choose for a snack as they grow older. If they know that there are chips in the cupboard waiting for them after dinner, why would they want to eat their dinner? Also they may be less likely to choose the fruit or vegetable snack over chips later in life. Make the healthy choice the easy and natural choice. Consider that your child may be in a class of 24. If each has a birthday party, that averages out to two parties a month. Then add in all the holidays and other events that may be celebrated and that can add up to a lot of extra sugar and calories in your child's diet. When it's your family's turn to bring snacks to school or activities, opt for healthier options. You, along with the other adults, might be surprised at the children's reaction.

But does healthier mean more money? Not necessarily. It's all about being a smart and creative shopper. Here are some examples for classroom snacks:

- Classroom Snacks for 24 children**
 Option A: (recently bought by a parent at a preschool) 24-count fruit snacks, \$3.98; two 10.5 ounce packages mini powdered doughnuts, \$4.77; total \$13.13.
 Option B: mix-your-own trail mix: raisins or Craisins, \$2.50; pretzel sticks, \$1.99; 11 ounces whole-grain fish crackers, \$3.49; chocolate whole-grain cereal, \$2.50; resealable sandwich bags, \$1; cups for water, \$1.50; total \$12.98.
 Option A: store-made cupcakes, \$18.99; juice boxes, \$5; total \$23.99.
 Option B: (has been tried, and it was a hit!)

- three 32-ounce containers of low-fat vanilla yogurt, \$9.78; one box Fruity-O's cereal for bottom of cup and topping, \$2.50; one half banana per child, \$2.65 at \$.59 a pound; party cups, \$4.99; spoons, \$1; total \$20.92.
 Other ideas to get the most nutritional bang for your buck:
 • Yogurt tubes, a 16 pack and an eight pack, total \$7.03; vs. four six packs of pudding cups, total \$8.72.
 • Baby carrots: two two-pound bags, total \$5; vs. small bags of chips at \$7.99.
 • String cheese, two 12-packs, total \$7.18; vs. crackers and cheese spread packs, total \$8.78.
 • Clementines, five pound bag \$5.97, vs. fruit drink pouches, 10 pack \$2.50, total \$6.
 • Boxes of raisins, four six packs, total \$5.23; vs. fruit roll-ups, total \$6.45.
 For more great ideas for healthy birthday parties and healthy holidays, contact Megan at Smart Start: 465-9103 or ssnwks@st-tel.net.
 Diann Gerstner is the family and consumer sciences agent for the Thomas County Extension office.

Bridge Club

Meadow Lake Bridge winners for Aug. 13 were: first, Elaine Ptacek; second, Katie Melvin; third, Billie Keck; and fourth, Ken Ptacek.

Markets

Quotes as of close of previous business day
Hi-Plains Co-op

Wheat (bushel)	\$6.86
Corn (bushel)	\$6.23
Milo (hundredweight)	\$9.84
Soybeans (bushel)	\$12.95

Corrections

The Colby Free Press wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.



The Linvilles on their wedding day (above) and at present (above right).



Cards to honor 50th

Larry and Dolores Linville of Colby will celebrate their 50th wedding anniversary on Saturday, Aug. 24, 2013, with a card shower. The couple was married Aug. 24, 1963, at the Sacred Heart Catholic Church in Selden. Their children include Paula (Gene) Geist of Goodland, Sheila Cates of Sutherlin, Ore., Doug Linville of Colorado Springs and Carla (Eric) Moore of North Platte, Neb. They have nine grandchildren and two great-grandchildren. Cards of congratulations can be sent to 921 Court Terrace, Colby, Kan., 67701.

HaysMed Welcomes

Rebeka Weber, MD, OB/GYN

The newest member of the Center For Women's Health OB/GYN Team



Rebeka L. Weber, MD, a native of Claflin, Kansas, obtained her medical degree from the University of Kansas School of Medicine, Kansas City, Kansas, and her undergraduate degree in biology from Kansas State University in Manhattan where she graduated cum laude. She completed residencies in obstetrics and gynecology at Exempla Saint Joseph Hospital, in Denver, Colorado, and in minimally invasive gynecologic surgery at the Endo-Surgery Institute, Cincinnati, Ohio. As an undergraduate, she was named a Howard Hughes Medical Institute Research Scholar and a June Hull Sherrid Basic Cancer Research Center Scholar, among other student

honors. She is a member of the American College of Obstetrics and Gynecology, the American Medical Women's Association, and the American Medical Association. Dr. Weber has published research in peer review publications and presented at national conferences.

Center for Women's Health Services

- Prenatal Care and Delivery
- High Risk Pregnancy Care
- Annual Well-Woman Exam and Pap Test
- Preconception Care
- Birth Control and Sterilization
- Infertility Evaluation and Treatment
- Evaluation and Treatment of Pelvic Pain
- Abnormal Pap and Abnormal Bleeding
- Treatment of Urinary Incontinence
- Minimally Invasive Surgery
- Reconstructive Pelvic Surgery
- Laparoscopic Surgery
- Endometrial Ablation
- Laser Surgery

For more information about these and other services at HaysMed's Center for Women's Health, call 1-855-429-7633.



Dr. Joel Fort, MD, OB/GYN



Dr. Lee Hodny, MD, OB/GYN



Dr. John Lloyd, MD, OB/GYN



ONE CALL 1-855-HAYSMED

Miller Medical Pavilion
 2214 Canterbury Drive - Hays
 haysmed.com/ob-gyn

Colby Bowl Fun Center 2013 - 2014 Season League Schedules

Mixed Couples Leagues

Every Other Sunday
 6:30 PM Central
 Starting Sept. 8th & 15th

Ladies Leagues

Tues AM League
 9 AM Central
 4 ladies per team
 Starting Sept. 3rd

Wednesday Ladies League

7 PM Central
 4 ladies per team
 Starting Sept. 4th

Men's Leagues

Monday Men's 8 PM Central
 Starting Sept. 9th
 Tuesday Men's 7:15 PM Central
 Starting Sept. 3rd
 Thursday Men's 8 PM Central
 Starting Sept. 5th
 (Ladies welcome on Monday and Thursday Leagues)